



**Ai'aoksiikowaata (showing direction to youth): Supporting healthy transitions from government care to independent living**

Dear Sir or Madame,

Thank you for agreeing to do this survey. Its goal to improve child welfare services by learning how to support youth can be better supported as they leave government care.

The survey will take approximately 25 to 30 minutes to complete. The information you provide will remain confidential and anonymous. Your survey responses will be stored on a password and firewall protected database at the University of Lethbridge. Only the lead researcher (Janice Victor) will have access to this material, and we will not share it with anyone else. Your information will be destroyed after the completion of the project or five years, whichever comes sooner. We will only break confidentiality if you give information that suggests a child may be in danger.

You will not benefit directly from your participation, but your knowledge will help to improve child welfare policies and practices. You do not need to answer any questions that make you uncomfortable. The questions are not overly detailed but there is a risk that they may bring up bad memories. If needed, I have suggested some counselling or crisis services that provide counselling for free or on a sliding scale at the end of this letter. Your participation is voluntary, and you may stop at any time. If you choose to stop, the information you already shared can be destroyed at your request. After we add your information to the database, it will be mixed with others' information. You have 24hrs to change your mind and can ask to have your information deleted.

As a thank you for taking part in our survey, you will receive a \$20 incentive for your time. Even if you consent to taking the survey and at any time decide you no longer want to continue, you will still receive the incentive without penalty.

For more information about this study, contact Janice Victor, Assistant Professor at the Faculty of Health Sciences, University of Lethbridge, at 403-317-2861 or [janice.victor@uleth.ca](mailto:janice.victor@uleth.ca). Questions regarding your rights as a participant in this research may be addressed to the Office of Research Ethics, University of Lethbridge (Phone: 403-329-2747 or Email: [research.services@uleth.ca](mailto:research.services@uleth.ca)). This study has been reviewed and approved by the University of Lethbridge Human Participant Research Committee.

If you understand and agree to take part in the survey, please sign the next page. You may keep this one for your own information.

Kind regards,

Janice Victor, Ph.D.

Indigenous Help Line:

<https://www.hopeforwellness.ca/> OR call toll free: **1-855-242-3310**

Provincial Help Line:

Alberta Mental Health: (toll free) **1-877-303-2642**

Calgary Help Line Services:

24hr Crisis Hotline: [Need Help? - 24 Hour Crisis Support - Distress Centre Calgary](#) OR call toll free: **403-266-HELP (4357)**, (hearing impaired) **403-543-1967**

Aboriginal Friendship Centre of Calgary, **403-270-7379**, <https://www.afccalgary.org/client-services/>

Catholic Family Services (non-religious counseling): **403-233-2360** OR <https://www.cfs-ab.org/>

**Ai'aoksiikowaata (showing direction to youth): Supporting healthy transitions  
from government care to independent living**

**Signed Consent:**

By signing this, I am stating that I have read and understood this letter. I'm also saying that I was given time to ask questions and that my questions were answered. I agree to participate in this research project. I received a copy of the Consent Letter to keep.

\_\_\_\_\_  
Name of Participant

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

Researcher: Janice Victor, Ph.D., Assistant Professor  
Faculty of Health Sciences  
University of Lethbridge  
Lethbridge, AB T1K 3M4

403-317-2861  
[janice.victor@uleth.ca](mailto:janice.victor@uleth.ca)  
[www.agingoutproject.ca](http://www.agingoutproject.ca)